

## Donations

You can help Senior Nutrition Services meet the needs of our local community by making a tax-deductible contribution. A donation of any size will go directly to the Senior Nutrition Program to help meet food costs and maintain services. You can make a tax-deductible contribution at one of the seven Nutrition meal sites or by mail. At your request, we will send you an acknowledgment of your contribution for tax purposes, or you may donate anonymously. Donate a one-time or recurring contribution, consider a gift in honor or memory of someone, or call our office to learn more.



## Gift Certificates

Give a gift of good health and nutrition. Encourage an elderly family member, friend or neighbor to enjoy a meal prepared by the Senior Nutrition Program by giving them a gift certificate good for one or more meals. Single coupons are available for the suggested donation of \$3.00 each. A coupon for eight (8) meals is available for the suggested donation of \$24.00.

## Benefits of Senior Nutrition Services

- ✿ High quality, well-balanced meals that are cost-effective
- ✿ Reduces malnutrition risk & improves nutritional status
- ✿ Encourages independent living
- ✿ Provides social interaction
- ✿ Weekday contact & wellness check for isolated, homebound older adults
- ✿ Access & support to mental health services
- ✿ Up-to-date nutrition education
- ✿ Opportunity to connect with other valuable community resources



*Established under the Older Americans Act, the federally-funded Nutrition Program provides a vital link in maintaining the health of older persons by preventing premature institutionalization and improving overall quality of life. Congregate Nutrition Services provide meals in a group setting. Home-Delivered Meal Services provide a daily hot meal to older adults who are homebound or who are otherwise isolated.*

**EL DORADO COUNTY**  
AREA AGENCY ON AGING

### Senior Nutrition Services

Department of Human Services  
937 Spring Street  
Placerville, CA 95667

[www.co.el-dorado.ca.us/humanservices/Nutrition.html](http://www.co.el-dorado.ca.us/humanservices/Nutrition.html)

Phone: 530.621.6160

Toll-free: 800.510.2020

Fax: 530.295.2581



# Senior Nutrition Services

Providing home-delivered meals and  
congregate dining for over 35 years



**EL DORADO COUNTY**  
AREA AGENCY ON AGING



## Senior Nutrition

Services of El Dorado County

*Making a difference, one meal at a time*

An Area Agency on Aging Serving El Dorado County

**530.621.6160**

Toll-free: **800.510.2020**

# nutrition

FOR SENIORS

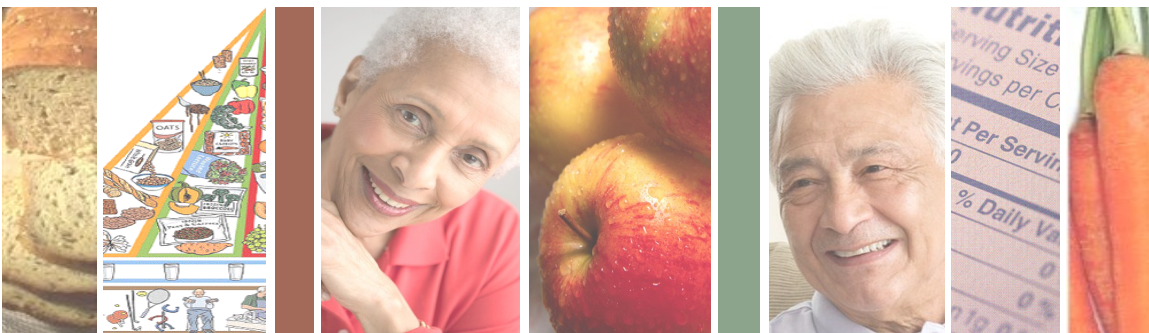
*More than just a hot meal...peace of mind*



For over 35 years, Senior Nutrition Services of El Dorado County has been promoting and maintaining the health and wellness of older adults in our community through the provision of a daily nutritional and satisfying noonday meal served in a group setting or delivered to the home. Meals contain at least one-third of the Recommended Dietary Allowance. The program offers more than just a hot meal. We are committed to promoting better health with improved nutrition, encouraging socialization, and providing access to supportive services.

## Congregate Dining

Congregate dining is available weekdays at seven locations throughout the county for individuals 60 years of age or older and their spouses to enjoy a hot, well-balanced meal with old friends and new in a warm and friendly atmosphere. In addition to delicious meals, dining centers offer nutrition and health promotion education and opportunities for socialization and recreation. Reservations are not necessary.



## Home-Delivered Meals

For individuals 60 years of age or older who are homebound and unable to shop for their food or prepare their own meals, on a temporary or permanent basis, home-delivered meals are available to help them meet their nutritional needs. Dedicated, caring volunteers deliver lunches weekdays and also check on the well-being of each participant—bringing peace of mind to clients and their families. For many of our clients, the daily personal contact is as vital as the meal. Mental health prevention and brief intervention services are also available. Our goal is to provide nutritious meals and social contact to support overall wellness that will enable our participants to remain living independently and with dignity in their own homes. Frozen weekend meals are available upon request.

## Dining Centers

### Diamond Springs

Lion's Hall  
4107 Missouri Flat Rd.  
(530) 622-8131

### Pollock Pines

Senior Center  
5581 Gail Dr.  
(530) 644-4008

### El Dorado Hills

Senior Center  
990 Lassen Ln.  
(916) 358-3561

### Somerset

Pioneer Park  
Community Center  
6740 Fairplay Rd.  
(530) 620-5432

### Greenwood

Community Center  
4411 Hwy. 193  
(530) 885-9160

### South Lake Tahoe

Senior Center  
3050 Lake Tahoe Blvd.  
(530) 573-3130

### Placerville

Senior Center  
937 Spring St.  
(530) 621-6160



## What Does It Cost?

The program enables older adults to obtain a nutritious meal at an affordable price. We suggest a donation of \$3.00 per meal. Contributions are voluntary, yet essential to sustain the program. No one is denied a meal, however, because of the inability to contribute.

